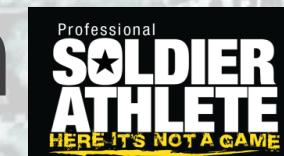




It's All About Health OVERVIEW



November 2013



You are an Unstoppable Force - A Professional Soldier Athlete supported by Ready & Resilient DA Civilians and the Extended Army Family!

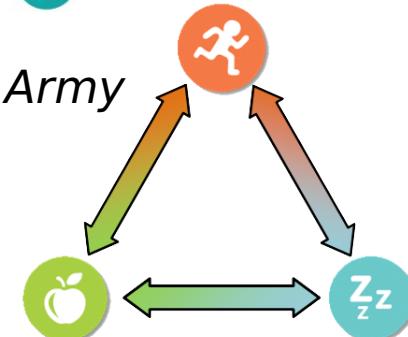
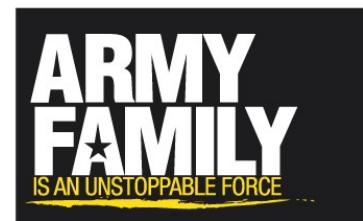
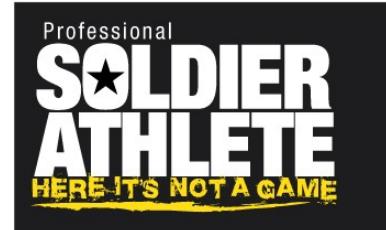
UNCLASSIFIED

Purpose and Outline

Purpose: To provide an overview of the transformation to a System For Health and its impact on the health, readiness and resilience of our Soldiers, DA Civilians and extended Army Family.

Outline:

- Army Medicine in Action
- “Operationalized” Ready & Resilient Campaign
- System for Health - The Strategic Context
- The Performance Triad: *Embedded in the DNA of the Army*
- Pilot Program (Proof of Principle)
- Technology & Resources
- Questions/Discussion



Army Medicine in Action



**3.90 M
Beneficiaries**



**415 Healthcare, Research,
and Laboratory Facilities**



**314 Echelon-Above-BCT
TOE Units
(AC/ARNG/USAR
combined)**

Personnel		
	<u>AMEDD Total</u>	<u>OTSG/MEDCO M</u>
Total AC	53,672	27,943
Civilian (All Medical)	53,023	44,575
Contractors	~6,018	~5,554
Compo 2/3	43,733	2,713
Total		



**FY12 Funding:
\$11.98B
(all
appropriations)**



Outpatient Care
45,265 Clinic visits



Inpatient Care
1,234 Beds Occupied
400 Patients Admitted



71 Births



Dental
26,996 Procedures



56,009 Laboratory Procedures



Veterinary Services
3,097 Veterinary Outpatient Visits
\$28.2 Million of Food Inspected
369 Food Safety Visits



**43,669 Outpatient Pharmacy
Prescriptions Filled**



Personnel Deploying

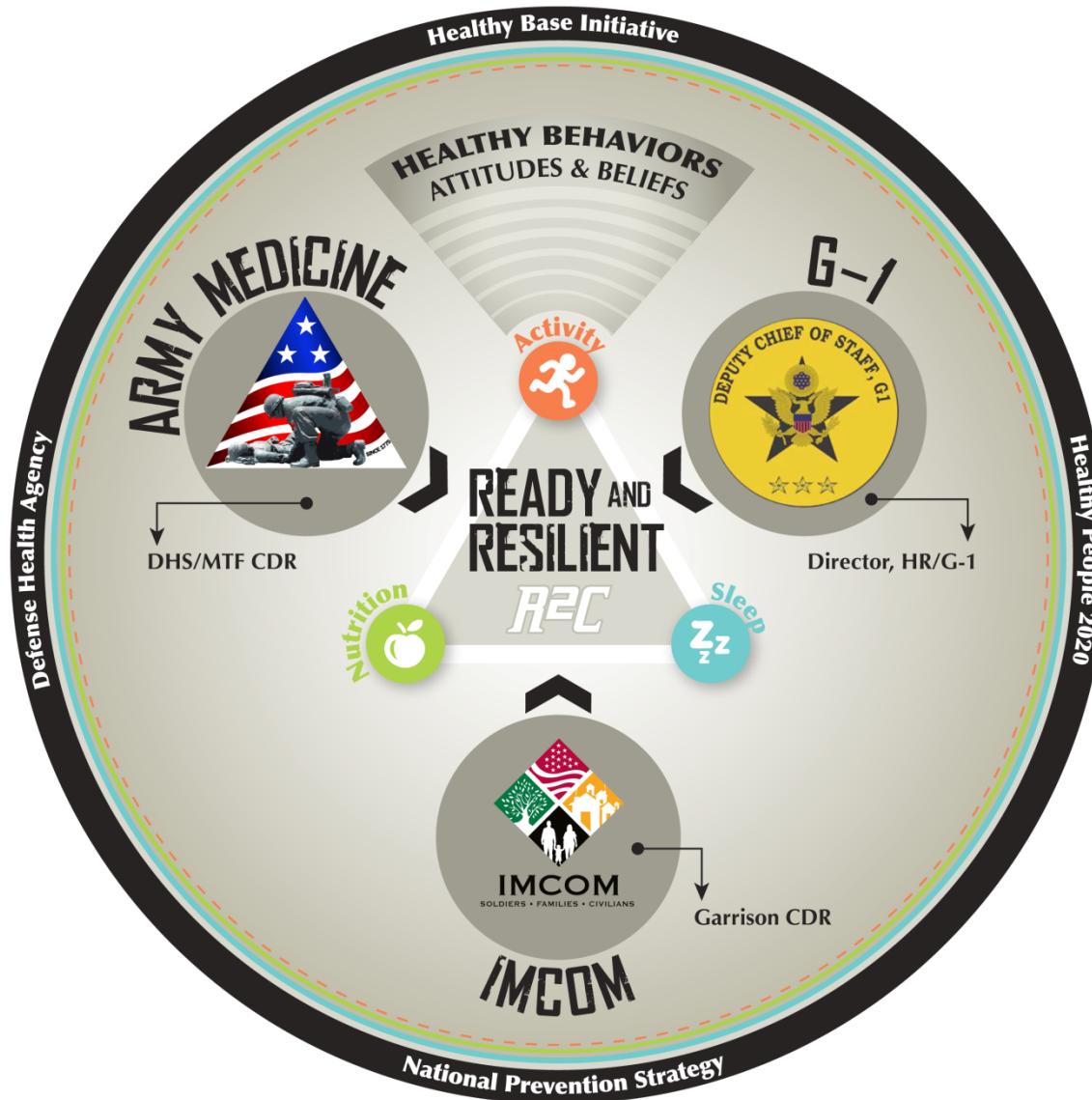
633 Soldiers and Civilians
(Includes all global engagements: Kuwait, Afghanistan, Africa, Germany, Pacific, others)



**12,852 Radiology
Procedures**

2,817 Immunizations

The “Operationalized” Ready & Resilient Campaign

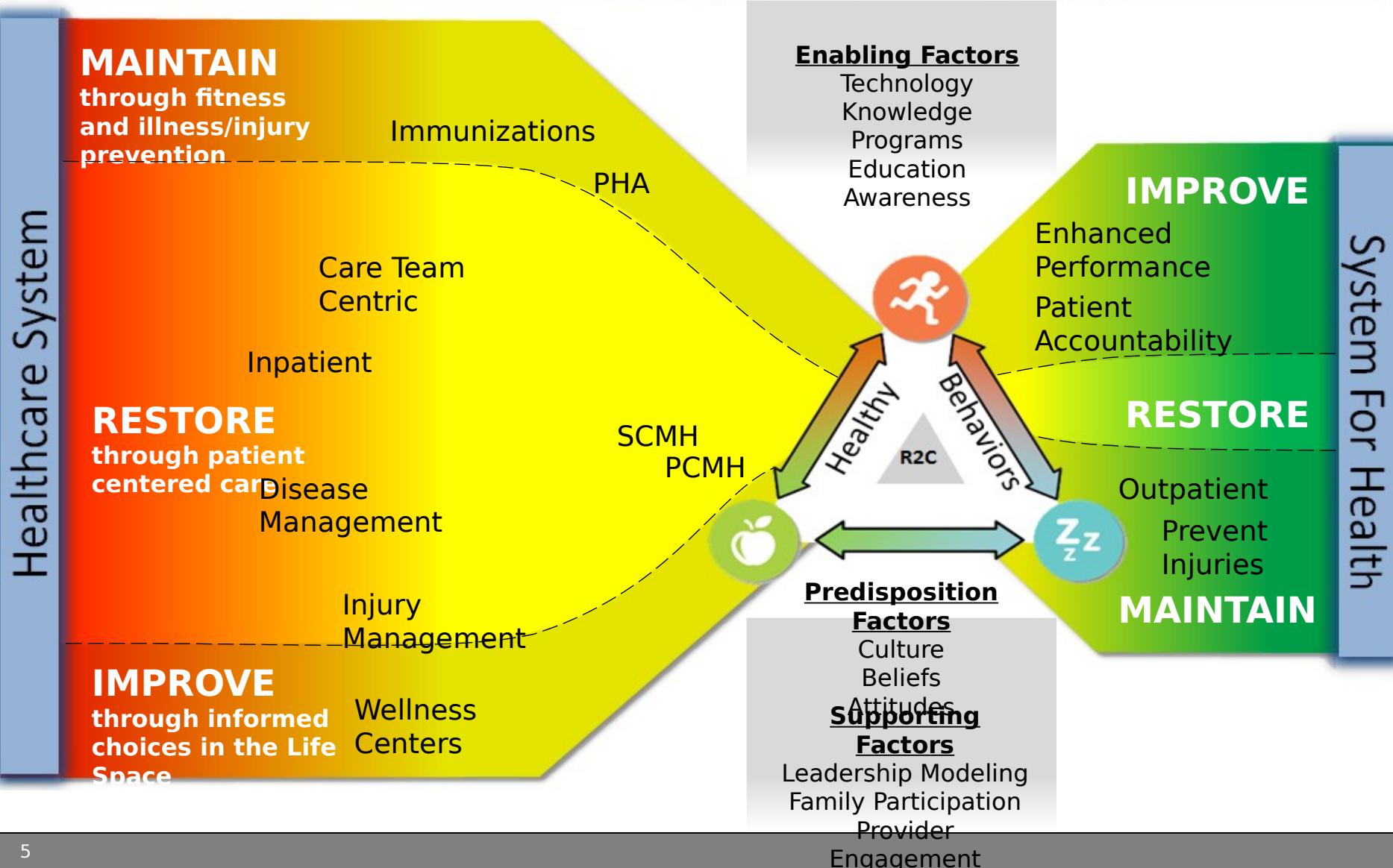


Army Medicine 2020

Disease Treatment

TRANSITION

Health



The Strategic Context

The strength of the Army is its Soldiers!

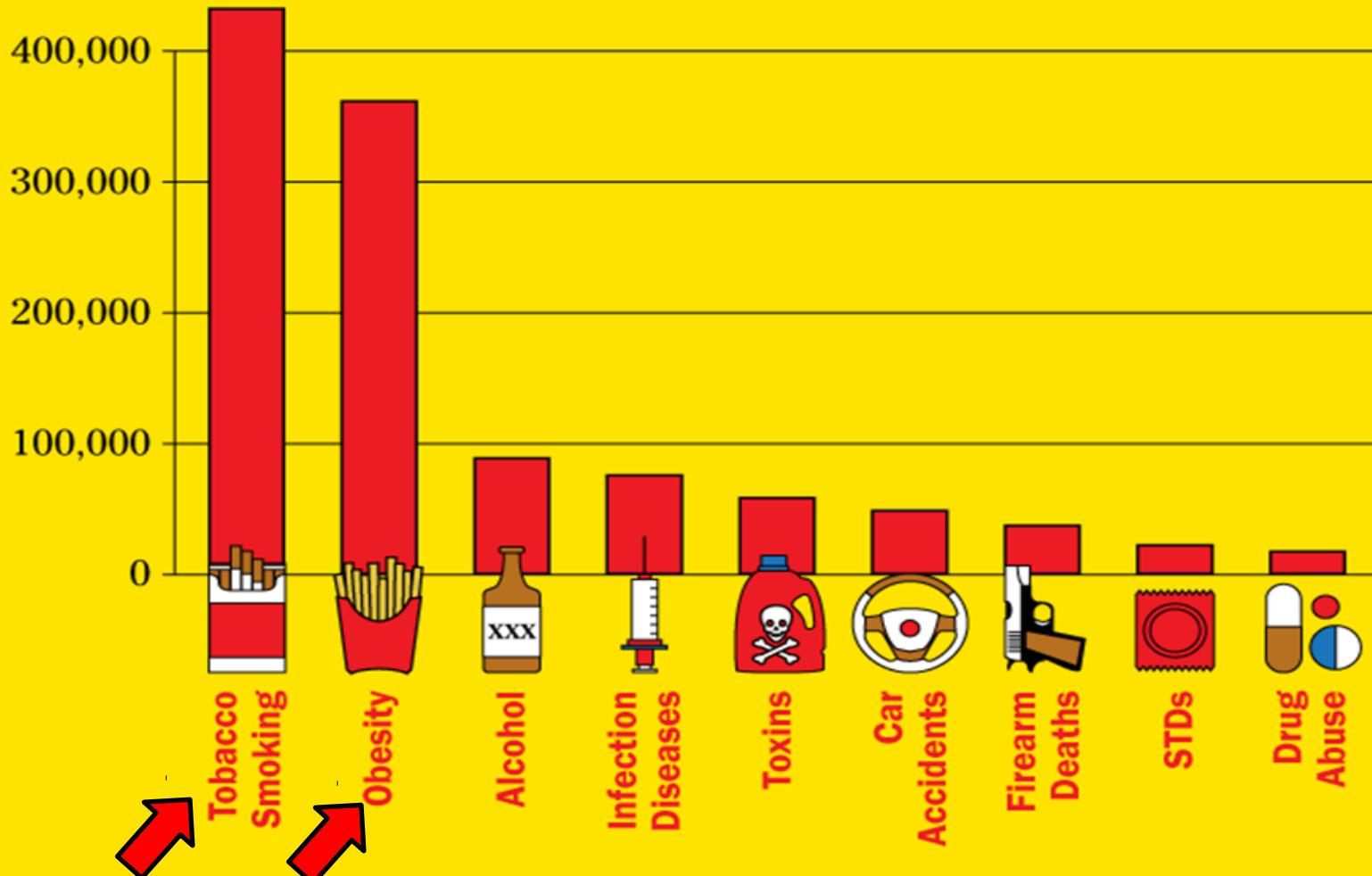
Individual performance directly impact unit

- There were 3.7 million AD military medical visits and **readiness**, hospitalizations for neuromuscular conditions in FY12
- Soldiers who regularly get less than 7-8 hours of sleep or less lose 20% of their cognitive performance
- 1815 Soldiers were discharged in FY12 due to failing to meet height/weight standards; with a recruiting and training cost loss of over \$98 million

***Optimized performance and improved resilience
through
changes in attitudes and behaviors.***

The Strategic Context

Preventable Causes of Death



Infographic courtesy of MedicalCodingCareerGuide.com

The Strategic Context

Who Smokes?



<http://health.yahoo.net/articles/smoking/see-how-smoking-prematurely-ages-your-skin>

The Strategic Context

Who Smoked Longer?



<http://health.yahoo.net/articles/smoking/see-how-smoking-prematurely-ages-your-skin>

The Strategic Context



AMERICA'S **FAT** FUTURE

America Keeps Getting Fatter and Fatter

From 1990 to 2010, the obesity rate in America doubled in some states and tripled in others. As obese America continues to expand, the question arises: Are we heading into a fat future?

1/3 OF AMERICA IS OBESE

Infographic courtesy of MedicalCodingCareerGuide.com

<http://www.missionreadiness.org/research/>

The Strategic Context

Obesity is the #2 cause of preventable death in the US, second only to tobacco use.



Obese children are twice as likely to die before the age of 55.



Infographic courtesy of MedicalCodingCareerGuide.com

At this rate, the strategic context by 2020:

Obesity-related medical expenses will be:



About 21% of health care spending.



More people will face **early deaths** due to obesity than accidental deaths, homicides, and suicides combined.

2020:

Half of Americans will have diabetes or pre-diabetes.

Only **half of obese girls** will go to college. The other half will be at a higher risk of unemployment, welfare, and incarceration.



Obesity will reduce life expectancy by an average of 13 years.



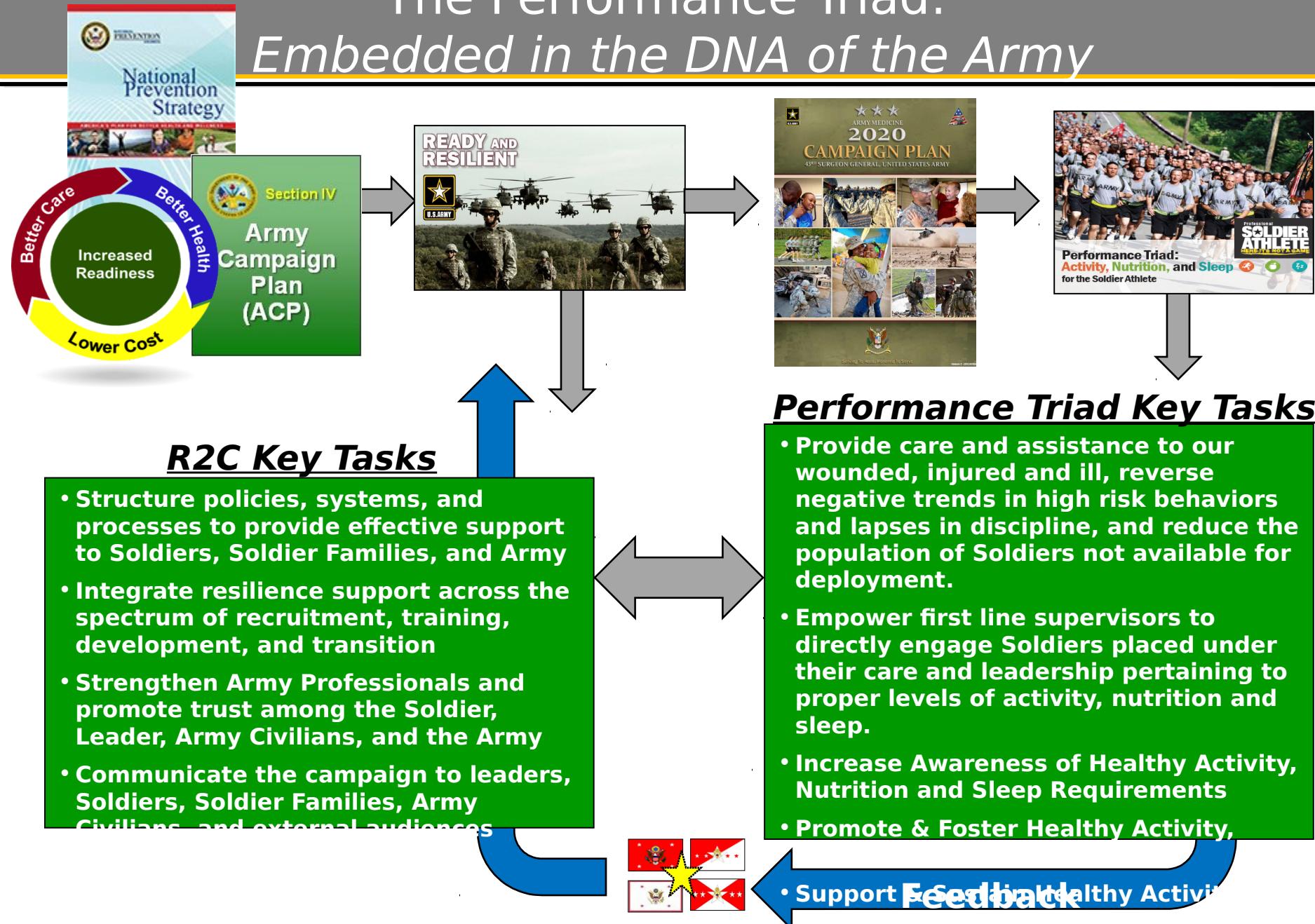
Half of the people you see will be obese.



The Strategic Context

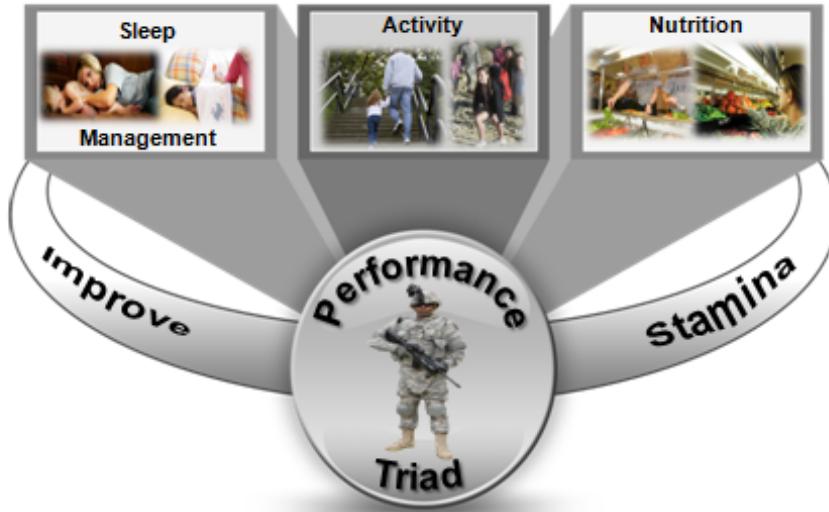
- 100,000/1,550 year
 - 0.08%
 - 45 gallons
 - 78.6/47 years
 - 220,000

The Performance Triad: Embedded in the DNA of the Army



The Performance Triad

The Performance Triad



Outcomes and End State



Human Dimension &

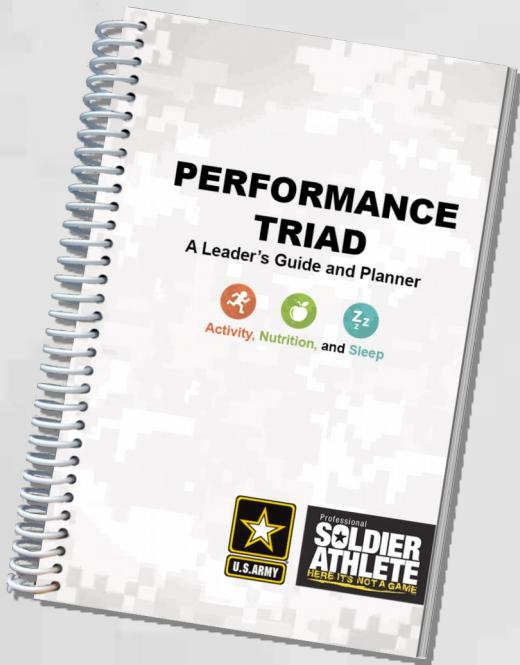
- As part of the System for Health, Army Medicine has initiated programs to enhance **activity**, **nutrition**, and **sleep** in our beneficiary populations
- The goal of the Performance Triad is to improve stamina, readiness and health through enhanced activity and improved nutrition and sleep
- This program directly supports the Army's Ready and Resilient Campaign and the Comprehensive Soldier and Family Fitness (CSF2) Program

- The **Performance Triad** positively influences the human dimension and domain



The Performance Triad Pilot

MEDCOM leaders are coordinating with battalions at Ft. Bliss, Ft. Bragg and Joint Base Lewis-McCord to bring technology and educational resources to support improved health and readiness.



- 3 Locations - 1 Battalion each
- Approx 2200 Soldiers
- 180 days

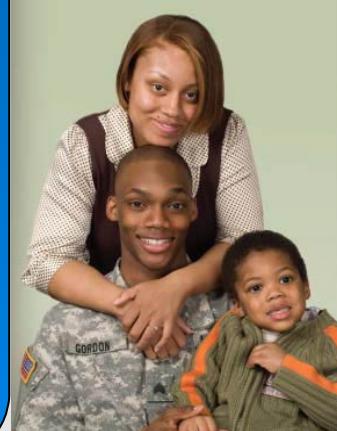
Program

On-line applications and enhanced leader engagement will provide Soldiers and Family Members with resources to help achieve healthier weights, reduce injuries and improve sleep.



Personal Informatics

- Activity (steps, stairs, calories burned)
- Nutrition (calorie intake, food plans, goal setting)
- Sleep (hours slept, # times awoken)
- Real-time feedback to aid decision making



Readiness

- Incentivize readiness and resilience (goals, motivational reminders, rewards)
- Promote competitive spirit among friends and squads
- Individualized reports to aid decision making

System for Health & Performance Triad

Technology & Resources



“These days I am actually prescribing a lot more apps than I am medications.” - Eric Topel, MD

Follow experts and organizations

Based on your GAT 2.0 results, here are experts we recommend to improve your health and fitness

We Recommend



SMA Raymond Chandler
Sergeant Major of the Army

[Following](#)



LTG Patricia Horoho
Surgeon General

[Following](#)

Connect with Experts



CSF2



Fort Hood Comm. Res.
Fort Hood, TX

[Following](#)

My Program | Weight | Activity | Food | Sleep

Sync your device: [fitbit](#) | [nike](#) | [BODYMEDIA](#)

Recommended



ARMYFIT
16 WEEK
Lose It Program

SMA's ArmyFit 16 Week Lose It Program
Accomplish your fitness goals with our guaranteed program designed to get results in just 4 months.

[Get Started](#)

Learn more about Healthy Living

Follow topics

Select health and wellness topics based on the results of your GAT 2.0 score.

We Recommend [Follow All](#)



Sleep

[Following](#)



Stress

[Following](#)

Follow topics of interest

Your RealAge
18.7
Difference
- 0.6 Younger



Weight Loss

[Following](#)



Fitness

[Following](#)

Most Popular [Follow All](#)



Activities



Healthy Eating



Anti-Aging



Parenting



Diabetes (Type 1)

[About HPRC](#) | [Communities](#) | [Partners](#) | [Terms of Use](#) | [HPRC Blog](#) | [Search Site](#) | [Search](#)

HUMAN PERFORMANCE RESOURCE CENTER
A DoD Initiative under the Force Health Protection and Readiness Program

HPRC

[HOME](#) | [PHYSICAL FITNESS](#) | [ENVIRONMENT](#) | [NUTRITION](#) | [DIETARY SUPPLEMENTS](#) | [FAMILY & RELATIONSHIPS](#) | [MIND TACTICS](#) | [TOTAL FORCE FITNESS](#)

THE EDGE YOU NEED FOR TOTAL FITNESS

HPRC's human performance optimization (HPO) website is for U.S. Warfighters, their families, and those in the field of HPO who support them. The goal is Total Force Fitness: Warfighters optimized to carry out their mission as safely and effectively as possible.

FEATURED UPDATES

Optimism can boost performance—give it a try!
“Perpetual optimism is a force multiplier” – Colin Powell, 65th Secretary of State, former Chairman of the Joint Chiefs of Staff, and retired U.S. Army four-star General

More...

OPSS
OPERATION PAINLESS SAFETY
A HDO and HPRC INITIATIVE
PERFORMANCE OPTIMIZATION FOR WARFIGHTERS

NATURAL MEDICINE COMPENDIUM DATABASE
Information on topics ranging from Warfighters and their families and professionals

PRESCRIBER'S LETTER

OPERATION Live Well *

Moment of the DAY
Romanian Deadlift - 1 Arm, 1 Leg w/bands

System for Health & Performance Triad

Technology & Resources

Army Wellness Centers provide integrated and standard **primary prevention programs and services that promote enhanced and **sustained healthy lifestyles** to improve the overall **Health** of our Total**

Army Family

- Enhance the “System For Health”
- Lower risk factors for preventable disease
- **Promote activity, nutrition and sleep to enhance resilience**
- Improve efficiencies through integration

Stress Reduction with Biofeedback



Indirect Calorimetry
How Many Calories does Your Body need Daily?
Leverage Technology for Lifespace Coaching



Bod Pod - Body Composition



Knowledge + Action = Power

- **ArmyFit:** *<https://armyfit.army.mil>*
 - GAT 2.0 & register for ArmyFit
 - Check frequently & be engaged!
- **Personal Readiness Devices:**
 - Automatically tracks activity, nutrition, and sleep
 - Integrates with web- and smartphone applications
 - Ask friends to join you to compete and have fun!
- **CBT-i**
http://www.ptsd.va.gov/professional/pages/cbticoach_app_pro.asp
- **miAwake:** *<http://apps.ctc.com/miawake>*
 - Download and track how sleep is impacting your performance
- **H.E.A.L.T.H.** *<http://armyhealth.pbrc.edu>*
 - Trying to lose weight? Trying to improve your APFT score?
 - Download and track your nutrition and fitness goals
- **Operation Live Well**
 - http://www.health.mil/News_And_Multimedia/Special_Features/operationlivewell.aspx

Ready and Resilient Army Families



Health Targets

Start with one thing - we all can do one thing better



10,000 Steps a Day
150 Minutes of Activity Per Week



8 is Great! Eat 8 Fruits & Vegetables a Day



Re-Fuel 30-60 Minutes after Strenuous Activity
8 is Great! 7-8 Hours of Sleep Per Night

Go Caffeine Free 6 Hours before Bedtime

www.armymedicine.mil